

GROUP FITNESS CLASS SCHEDULE SEPT-DEC 2021

Member Class Fees: \$7/month or \$20/4 months for unlimited classes on this page
 Guest Class Fees: \$35/month or \$130/4 months for unlimited classes on this page

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-9 a.m.	Walk-N-Talk	Walk-N-Talk	Walk-N-Talk	Walk-N-Talk	Walk-N-Talk	
5:30-6:20 a.m.	Body Blast (Natalie S) Cycles (CSC) (Janet M)	Tight and Tone (Anj H)	Body Blast (Natalie S) Cycles (CSC) (Janet M)	Tight and Tone (Anj H)	Body Blast (Natalie S) Cycles (CSC) (Janet M)	
5:45-6:30 a.m.	H2O Fitness (Denise B)	Deep H2O (Deb R)	H2O Fitness (Denise B)	Deep H2O (Deb R)	H2O Fitness (Denise B)	
6-6:50 a.m.		Box Fusion (Natalie S)		Box Fusion (Natalie S)		
7:30-8:20 a.m.						H2O Fitness (Denise B/Deb R)
8-8:50 a.m.	Low-Impact Combo (Marissa) Senior Body Toning (Kerri B)	Yoga Stretch (Jess J)	Low-Impact Combo (Marissa) Senior Body Toning (Kerri B)	Yoga Stretch (Jess J)	Low-Impact Combo (Marissa) Senior Body Toning (Kerri B)	Cycling starting in November
8:25-8:55 a.m.	Aqua HIIT (Anne D)		Aqua HIIT (Anne D)		Aqua HIIT (Anne D)	
8:45-9:35 a.m.	Fusion Fit (Marissa B)		Fusion Fit (Shaina A)	Cycling (Shaina A)		
9-9:50 a.m.	H2O Senior-Shallow (Deb R) Deep H2O (Anne D) Tai-Chi Beginner (Jon W) Tai-Chi Intermediate (Kerri B)	Forever Strong (Heather)	H2O Senior-Shallow/ Deep H2O (Anne D) Tai-Chi Beginner (Jon W) Tai-Chi Intermediate (Kerri B)	Forever Strong (Heather)	H2O Senior-Shallow/ Deep H2O (Anne D) Tai-Chi Beginner (Jon W) Tai-Chi Intermediate (Kerri B)	Rolling Saturdays (Alternating Instructors)
11-11:50 p.m.	No Floor Yoga (Jon W)		No Floor Yoga (Jon W)		No Floor Yoga (Jon W)	
12:05-12:50 p.m.		H2O Fitness (Marissa)		H2O Fitness (Deb)		
2-2:50 p.m.		Yoga Stretch (Monica N)		Yoga Stretch (Monica N)		
3:30-4:20 p.m.		TRX Express (Anj)		TRX Express (Anj)		
4:45-5:35 p.m.	Kickboxing (TBD)	Power Flow Yoga (Tricia W) Cycling starting in November	Med Ball Mania (Marissa B)	Power Flow Yoga (Tricia W) Cycling starting in November		
6:15-7 p.m.	H2O Fitness (Marissa B)		H2O Fitness (Deb R/Denise B)			

SEPT-DEC 2021 ZOOM GROUP FITNESS CLASS SCHEDULE

9-9:30 a.m.		Yoga Stretch (Jess J)		Yoga Stretch (Jess J)		
		Zoom Tai-Chi (Recordings)		Zoom Tai-Chi (Recordings)		



Check out our printable grids online for Group Fitness and Specialty Classes! www.wartburg.edu/the-w

For more individualized programming, join our **Specialty Classes** at an additional cost.

Last updated 9-2-21